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1. An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:
 - a stable base;
 - a board upon which the individual may exercise; and
 - an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub moves to cause said board to tilt in any direction.
2. An exercise platform as recited in claim 1, wherein said hub moves by flexing to cause said board to tilt in any direction.
3. An exercise platform as recited in claim 1, wherein said hub moves laterally to cause said board to tilt in any direction.
4. An exercise platform as recited in claim 1, wherein said hub comprises a two-part member.
5. An exercise platform as recited in claim 1, wherein said hub comprises:
 - (i) a flexible connector; and
 - (ii) a tilt adjuster movably coupled thereto.
6. An exercise platform as recited in claim 5, wherein said adjuster is selectively rotated about said flexible connector to adjust the amount to which said board is able to tilt toward said base.

1 6 7. An exercise platform as recited in claim 6, wherein said adjuster selectively
2 adjusts the amount said board is able to tilt without raising any component of the exercise
3 platform.

4
5 7 8. An exercise platform as recited in claim 6, wherein said adjuster rotates
6 within a horizontal plane.

7
8 8 9. An exercise platform as recited in claim 5, wherein said flexible connector
9 comprises:

- 10 (i) a flexible material; and
11 (ii) a plate embedded in the flexible material, said plate having at least
12 one post extending therefrom.

13
14 9 10. An exercise platform as recited in claim 6, wherein said flexible connector
15 includes an upper abutment member and said adjuster includes a lower abutment member,
16 and wherein said lower abutment member is aligned under said upper abutment member to
17 limit the amount to which said board is able to tilt toward said base.

18
19 10 11. An exercise platform as recited in claim 10, wherein said adjuster includes a
20 plurality of lower abutment members, and wherein upon rotating said adjuster about said
21 flexible connector, a lower abutment member is aligned under said upper abutment
22 member to limit the amount to which said board is able to tilt toward said base.

11 12. An exercise platform as recited in claim ~~11~~¹⁰, wherein the amount to which said board is able to tilt toward said base when one of said lower abutment members is aligned under said upper abutment member is greater than the amount to which said board is able to tilt toward said base when another lower abutment member is aligned under said upper abutment member.

12 13. An exercise platform as recited in claim ~~10~~⁹, wherein said tilt adjuster includes at least one handle to facilitate rotating said adjuster about said flexible connector.

13 14. An exercise platform as recited in claim ~~10~~⁹, wherein said upper abutment member is aligned under at least one of said lower abutment members through the use of a detent mechanism.

14 15. An exercise platform as recited in claim ~~14~~¹³, wherein said detent mechanism includes a protrusion located on said adjuster and a socket located on said flexible connector, such that when said adjuster is rotated about said flexible connector, said protrusion mates with said socket.

15 16. An exercise platform as recited in claim ~~15~~¹⁴, wherein when a first protrusion resides in said socket, said upper abutment member is aligned under a lower abutment member.

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16 17. An exercise platform as recited in claim 15, wherein when a second protrusion resides in said socket, a second lower abutment member is aligned under said upper abutment member.

18. An exercise platform as recited in claim 1, further including a friction reducer that is interposed between said board and said hub to reduce the amount of friction between said board and said hub.

19. An exercise platform as recited in claim 1, further including a reinforcement for distributing any force that is applied to a center of said board, wherein said reinforcement is coupled to said center of said board.

19 20. An exercise platform as recited in claim 1, further including a non-slip material placed on an upper surface of said board.

20 21. An exercise platform as recited in claim 1, further comprising an exercise mechanism coupled to the platform to modify the dynamic nature of the platform.

BOOK REVIEW

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21 22. An exercise platform as recited in claim ~~21~~²⁰, wherein said exercise mechanism comprises at least one handle coupled to the board.

22 23. An exercise platform as recited in claim ~~22~~²¹, wherein said handle is stretchable.

23 24. An exercise platform as recited in claim 22, wherein a first end of said handle is configured to be held by an individual and a second end of said handle is selectively coupled to said board, such that use of said handle causes said board to tilt.

1 ²⁴ 25. A wobbly apparatus upon which an individual may stand, the wobbly
2 apparatus comprising:

3 a first support upon which the individual stands;

4 a second support that is placed on a stable surface;

5 a flexible connector interposed between said first support and said second
6 support, wherein said connector allows at least one of:

7 (i) the weight of the individual; and

8 (ii) the movement of the individual to cause said first support to
9 move toward said second support; and

10 a tilt adjuster interposed between said first support and said second support
11 to restrict the movement of said first support towards said second support.

12
13 ²⁴ 26. A wobbly apparatus as recited in claim ²⁴ 25, wherein said adjuster is
14 selectively adjustable to provide a plurality of settings for controlling the amount of said
15 movement of said first support toward said second support.

16
17 ²⁴ 27. A wobbly apparatus as recited in claim ²⁵ 26, wherein said adjuster is
18 selectively adjusted between said plurality of settings without vertically displacing any of
19 said first support, said second support, said flexible connector or said adjuster.

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21 ²⁴ 28. A wobbly apparatus as recited in claim ²⁴ 25, further including at least one
22 handle.

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28 29. A wobbly apparatus as recited in claim 28, wherein said handle is stretchable.

20 30. A wobbly apparatus as recited in claim 28²⁷, wherein a first end of said handle is held by the individual and a second end of said handle is removably coupled to one of said first and second supports.

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~~30~~ ~~31~~. A wobbly platform upon which an individual may stand, the wobbly platform comprising:

a board;

a base;

a flexible connector interposed between said board and said base, wherein said flexible connector allows the weight of an individual to cause said board to tilt in any direction; and

a tilt adjuster placed about said flexible connector to restrict the amount which said board tilts.

~~31~~ ~~32~~. A wobbly platform as recited in claim ~~31~~, wherein said adjuster is selectively adjustable to provide a plurality of settings for controlling the amount in which said board may tilt.

~~32~~ ~~33~~. A wobbly platform as recited in claim ~~31~~, further including at least one handle, wherein a first end of said handle is held by the individual and a second end of said handle is coupled to one of said board.

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33 34. A dynamic platform that provides an unstable surface for an individual, the dynamic platform comprising:

- a rigid board for supporting an individual;
- a stable base for supporting said board;
- a flexible hub for coupling said board to said base and allowing said board to tilt in any direction toward said base, wherein said hub comprises:
 - a flexible connector having a top abutment member set; and
 - an adjuster that includes one or more bottom abutment member sets, wherein one of said one or more bottom abutment member sets is selectively aligned with said top abutment member set to restrict the amount of tilt of said board.

35. A dynamic platform as recited in claim 32, wherein a central position of said board remains unchanged while one of said one or more abutment member sets is selectively aligned with said top abutment member set.

36. A dynamic platform as recited in claim 31, further comprising one or more handles coupled to said board for modifying the unstable surface of the dynamic platform.

1 37. An exercise platform that is dynamic in nature to provide an unstable
2 surface upon which an individual may exercise, the exercise platform comprising:

3 a stable base;

4 a board upon which the individual may exercise;

5 a hub, wherein a first end of said hub is coupled to said base and a second
6 end of said hub is coupled to said board, and wherein said hub flexes to cause said
7 board to tilt in any direction; and

8 a handle coupled to the board, wherein said handle is stretchable.

9
10 37 38. An exercise platform as recited in claim 37, wherein said hub is adjustable.

11
12 38 39. An exercise platform as recited in claim 37, wherein the handle is
13 selectively coupled to the board.

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15 39 40. An exercise platform as recited in claim 37, wherein the individual stretches
16 said handle to cause said board to tilt toward said base.

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18 40 41. An exercise platform as recited in claim 37, further comprising a second
19 handle selectively coupled to the board.

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